

Nutritionally balanced,
lovingly created Kindred Recipe

Sugarless date muffins

Feeds a family of 5

Ingredients:

90g Plain flour	½ Teaspoon of bicarbonate of soda
60g chopped dates	1 x egg
100ml hot water	½ Teaspoon vanilla extract
50g sultanas	30ml Vegetable oil
2 x bananas	
½ Teaspoon of baking powder	

Method:

1. Put sultanas into a bowl and cover with boiling water
2. Then add the dates and the 250ml water into a blender, and blend until a smooth paste
3. Mash the bananas and add to the date paste
4. Beat the egg and add to the bananas and dates along with the vanilla extract and vegetable oil and drained sultanas
5. Sieve the flour, baking powder and bicarbonate of soda powder into a mixing bowl
6. Then slowly add and mix the wet ingredients
7. Spoon out the ingredients into the cake cases and heat the oven to 180 degrees
8. Cook for approx. 30 minutes or until cooked through

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.



AUTUMN/WINTER
MENU
2020/21